

Sunday cycling 7/10/2010

TODAY by Thomas

Cycling this Sunday will start from the usual time and place (Papal Cross, Phoenix Park at 9:30am).

There will be three groups going out - a beginner group (lead by Alan Fitz), intermediate (lead by Tania Finn) and advanced (lead by Thomas Duffy) - so all will be catered for.

[Login](#) or [register](#) to post comments

NAC Swimming - coached 3D sessions

Mon, Oct 4 by Sean Farrell

Hi all,

[1 comment](#) [Read more](#)

Team Hero - Mission Impossible??

Sat, Oct 2 by Team Hero

In his rudderless, lonely, pre-Team Hero days of 2009, team member Fluffy would often be seen wandering lonely as a cloud about the countryside in search of meaning and direction to his life. Rumours of interference with his fluffy farmyard kin have both never been proved and are completely without foundation and so will never be spoken of again!!

[5 comments](#) [Read more](#)

A worrying lack of bragging

Fri, Oct 1 by TriDanny

Its troubling how little you here about some of the successes of club members

3 podiums for 3D in one race!!

<http://www.precisiontiming.net/result/view/id/109>

Congats to Mark, Donal and Barry for their success in kerry!! (hope i havent missed anyone in the results sheets!)

Team hero really flying these days!

[2 comments](#)

Cycling Sunday 3/Oct

Wed. Sep 29 by Thomas

Active forum topics

[Triathlethes Training Bible wanted](#)

[Help at swimming this evening](#)

[Dublin Marathon entry](#)

[Wed Evening Run](#)

[Swim for tri - October course](#)

[Stolen Bike](#)

[Nutrition Seminar: The benefits of milk](#)

[Dublin City Marathon...3 weeks away](#)

[FREE ENTRY; Athlone 3 quarter Marathon](#)

[more](#)

Comments in last two days

[ive a good book ...](#)

Thursday @ 10:23pm

[Books..](#)

Wednesday @ 10:40pm

[late notice](#)

Wednesday @ 4:45pm

[Will have Championship](#)

Wednesday @ 3:26pm

[Books](#)

Wednesday @ 2:01pm

[Tri books,](#)

Wednesday @ 12:56pm

[Make sure the pace is nice](#)

Wednesday @ 9:23am

Stories during the last week

[Sunday cycling 7/10/2010](#)

Thursday @ 11:42am

[NAC Swimming - coached 3D sessions](#)

Monday @ 9:43pm

[Team Hero - Mission Impossible??](#)

Saturday @ 5:05pm



**Sat Nov 13th
Odessa**



[Read more](#) about joining.

User login

Username: *

Password: *

[Log in](#)

[Log in using OpenID](#)

- [Create new account](#)
- [Request new password](#)

3D Races



This Sunday's cycling session will meet at the usual time and place (Papal Cross, 9:30am). The session will be a general introduction to the winter cycling sessions and cater to all levels, including beginners and all types of bike.

A worrying lack of bragging
Friday @ 11:32pm

5 comments

2 GAMES OF BOWLING & ONE GAME OF QUASAR €15- SIGN UP NOW FOR FRIDAY!!!!

Mon, Sep 27 by Caroline

After some hard bargaining with our buds in Blanchardstown leisureplex we have secured the above deal subject to having 20 + peeps. If you're interested let me know by posting a comment! All welcome. See you there!

6 comments Read more 1 attachment

Dublin City Marathon 2010 for Dyspraxia Ireland

Sat, Sep 25 by Foyzer

Hi Guys,

Following my Ironman exploits last year, triathlon has taken a bit of back seat. (Lot's of catching up to do on the family/work front!)

This year, I've thrown myself into running and decided to run the Dubin City Marathon for Dyspraxia Ireland, a charity that a friend of mine is involved in.

[Login](#) or [register](#) to post comments [Read more](#)

1 2 3 4 5 6 7 8 9 ... next › last »



brought to you in association with
[Wheelworx](#)



the main sponsor of 3D races.

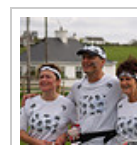
Discounted NAC
Membership



Club Kit for 2010



[Flickr recent photos](#)



Services

sports therapy
& massage

Tidal information

Some links to tidal information:

- [North Wall \(Easy Tide\)](#)
- [North Wall](#)